

PREPARE - PREVENT - PROTECT



TCS
KNIFE COMBAT
FREE VIDEO COURSE

COMBAT MINDSET
BECOMING A BETTER
PROTECTOR AFTER 40



CYBER SECURITY
TAILS

TRAUMA MEDICINE
TOURNIQUET

PIPER
KNIFE SYSTEM

INNER TRANSFORMATION
MEMENTO MORI

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18+

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EDITOR'S LETTER

Dear Readers, Brothers and Sisters of the Tribe,

Every generation is confronted with a choice. To hope that others will stand when darkness appears or to prepare ourselves to become those who stand.

The world does not become safer because we wish it to. It becomes safer when ordinary men and women choose to accept the responsibility of becoming protectors. Preparedness is not fear; it is an act of love. We train because we value life. We study because ignorance carries consequences. We prepare so that, if the day ever comes when others panic, we can remain calm, capable, and ready to serve.

A Protector is defined by the knowledge he possesses, the discipline he practices, and the character he demonstrates every day. Combat skills, trauma medicine, situational awareness, survival, leadership, communication, and resilience are not separate disciplines, they are parts of the same calling. They form the complete protector, someone capable of preventing violence whenever possible, responding decisively when necessary, and preserving life above all else.

Knowledge, however, fulfills its highest purpose only when it is shared.

One prepared individual can save lives. A prepared community can change the outcome of a crisis. This is why every Brother and Sister of Tribe 13 carries a responsibility beyond personal development: to teach, mentor, encourage, and inspire others to become protectors themselves. Every skill you pass on strengthens another family. Every lesson shared creates another capable pair of hands. Every person trained becomes another guardian standing watch over their own community.

This is how strong communities are built not through dependence, but through capable individuals united by shared values, mutual trust, and a commitment to serve.

Throughout history, tribes were not merely groups of people. They were families bound together by loyalty, shared purpose, and the understanding that survival depended on standing together. That principle remains just as relevant today. We each have the opportunity to build our own modern tribes within our families, churches, neighborhoods, workplaces, and circles of friends. Communities where people prepare together, train together, support one another, and stand ready to protect those entrusted to their care.

That is the mission of Tribe 13.



Our purpose is not to create warriors for conflict, but protectors for peace. We seek to preserve the timeless virtues that have guided honorable protectors throughout history: courage guided by wisdom, strength tempered by humility, discipline rooted in faith, and service placed above self. Inspired by the legacy of Christian warrior traditions, we strive to equip ordinary people with extraordinary knowledge so they may confidently protect their lives, their families, their congregations, and their communities while remaining faithful to the highest moral and ethical standards.

THE TOURNIQUET



In today's world, the ability to stop massive bleeding is no longer a skill reserved for soldiers, police officers, or paramedics, it is a responsibility that every protector should possess. We live in an era where knife attacks, terrorist attacks, workplace accidents, vehicle collisions, and industrial injuries occur with alarming frequency. The difference between life and death is often measured in minutes, and in many cases, emergency medical services cannot arrive before a victim bleeds to death.

The attacks witnessed across Europe in recent days including the one in Berlin and in France are reminders that catastrophic injuries can occur anywhere: on public transport, in a shopping center, at a workplace, on a street corner, or in a school. Beyond acts of terrorism, severe bleeding is a common consequence of car accidents, machinery accidents, construction injuries, farming incidents, and outdoor emergencies. These events are not rare exceptions; they are realities that ordinary people encounter every day. A protector is not defined only by the ability to fight. A true protector is defined by the ability to save life. Knowing how to apply a tourniquet, pack a wound, and control life-threatening hemorrhage allows you to make a difference when everyone else is standing in shock. The person bleeding on the ground may be a stranger, a coworker, a family member, or one of your own brothers.

Massive bleeding can kill in 3 to 5 minutes. That means you may be the only medical intervention available before professional help arrives. Learning Stop the Bleed skills is not optional preparation but it is practical readiness for the world we live in today.

The tourniquet is one of the simplest and most effective life-saving tools ever developed. Every protector should carry one, train with one, and know how to use it under stress. Because in a real emergency, your skills not your intentions may determine whether someone lives or dies.

TOURNIQUET APPLICATION: THE SKILL THAT CAN SAVE A LIFE



Massive Bleeding Is the Real Emergency

A person can bleed to death from a severe injury in as little as 3–5 minutes. In many emergencies like knife attacks, vehicle accidents, industrial injuries, shootings, or outdoor incidents professional medical help may not arrive in time. In those moments, you are the first responder.

A tourniquet is one of the most effective tools available to stop life-threatening bleeding from an arm or a leg. Correctly applying a tourniquet can be the difference between life and death.

What Is Massive Bleeding?

Massive bleeding is uncontrolled hemorrhage that threatens life. It is not a small cut or a wound that slowly oozes blood.

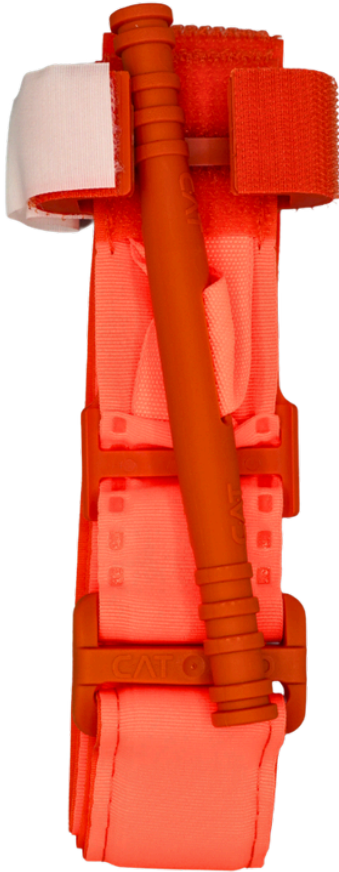
Signs of life-threatening bleeding include:

- Blood that is spurting or pumping from a wound
- Blood that is flowing continuously and rapidly
- A large pool of blood forming quickly
- Clothing becoming soaked with blood
- Partial or complete amputation of a limb
- The casualty becoming pale, weak, confused, or unconscious

When you identify massive bleeding on an arm or leg, a tourniquet should be applied immediately.

Remember: If you are unsure whether the bleeding is severe enough, it is safer to treat it as life-threatening.

WHEN TO USE A TOURNIQUET



Use a tourniquet for severe bleeding from an extremity (arm or leg) when:

- Direct pressure is ineffective,
- The wound is catastrophic,
- Multiple casualties require rapid treatment,
- The environment is dangerous,
- Or you need to move the casualty quickly.

A tourniquet is not the first choice for minor bleeding. It is a tool specifically intended for life-threatening extremity hemorrhage.

The “High and Tight” Principle

Modern trauma care teaches a simple rule:

HIGH AND TIGHT

Place the tourniquet high on the injured limb and tighten it aggressively.

For the Arm

- Place it as high as possible on the upper arm, near the armpit.

For the Leg

- Place it as high as possible on the thigh, near the groin.

This method is especially important when:

- The exact wound location is difficult to identify,
- There are multiple wounds,
- Clothing obstructs the injury,
- Or you need to act immediately under stress.

Avoid placing a tourniquet over a joint such as the elbow or knee.

HOW TO APPLY A WINDLASS TOURNIQUET

The most common and effective commercial tourniquets (CAT, SOF-T, and similar models) use a windlass rod.

Step-by-Step Application

1. Expose the Limb (if possible)

If time allows, expose the injured limb so you can identify the bleeding source. If the situation is dangerous or time is critical, apply the tourniquet high and tight over clothing.

2. Position the Tourniquet

Place it high on the limb, between the wound and the heart.

- Arm → high on the upper arm
- Leg → high on the upper thigh

3. Pull the Strap Tight

Thread or fasten the strap and pull it as tight as possible before using the windlass.

A loose tourniquet will not stop arterial bleeding.

4. Twist the Windlass

Turn the rod until the bleeding completely stops.

Do not stop because the casualty says it hurts.

A properly applied tourniquet is painful. Pain does not mean it is applied incorrectly.

5. Secure the Windlass

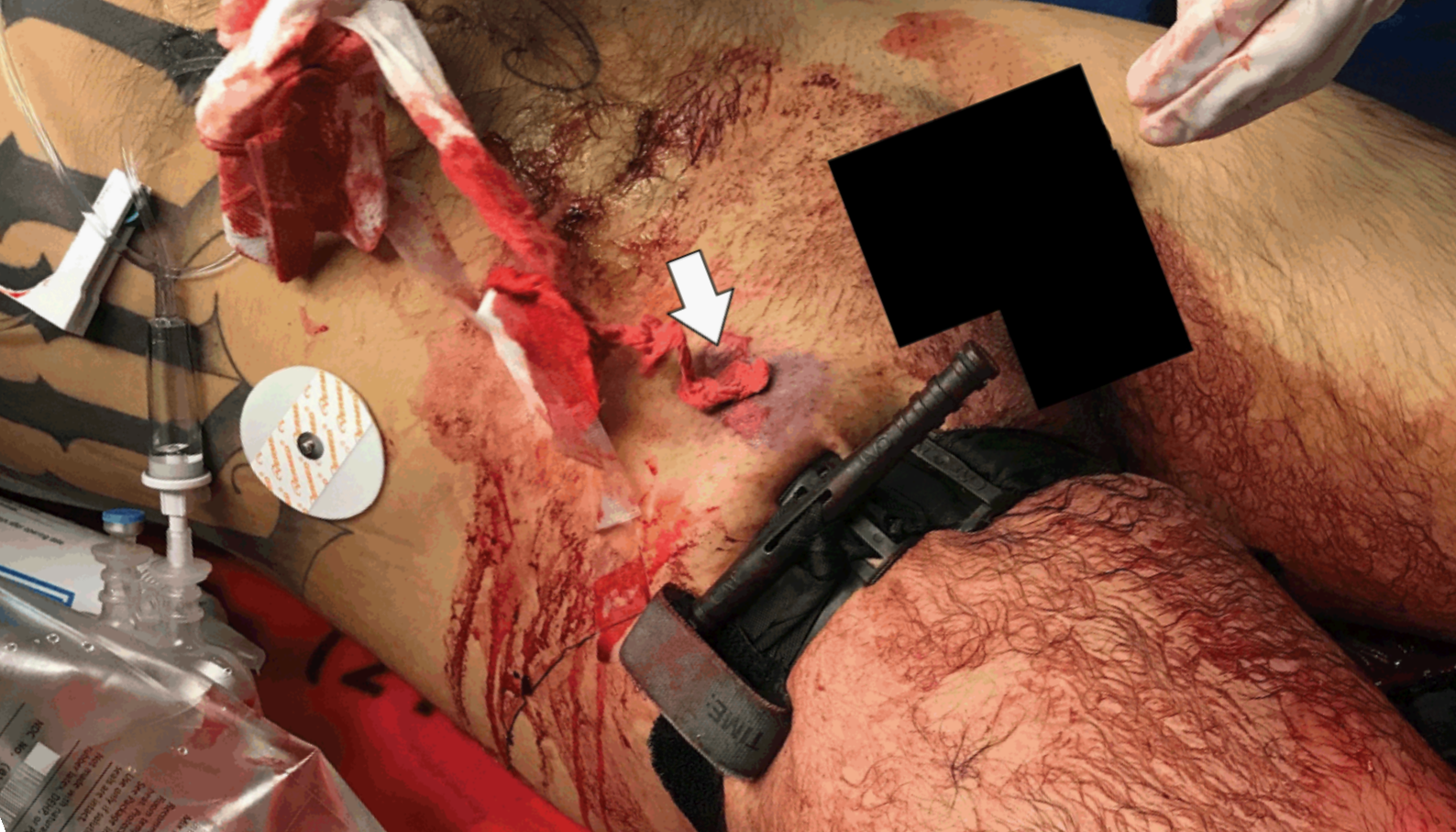
Lock the rod into the retaining clip so it cannot unwind.

6. Check the Bleeding

The goal is complete control of the hemorrhage.

If blood continues to flow, tighten further.

If bleeding still does not stop, apply a second tourniquet above the first one, closer to the torso.



The Second Tourniquet

A single tourniquet is sometimes not enough, particularly:

- On large muscular thighs,
- In high-pressure arterial injuries,
- Or when the first tourniquet was not tightened adequately.

Apply the second tourniquet directly above the first and tighten it until the bleeding stops.

Never Loosen a Tourniquet

Once a tourniquet has successfully stopped life-threatening bleeding:

- Do not loosen it
- Do not remove it
- Do not periodically release it

Only qualified medical professionals should remove a tourniquet under controlled conditions.

Common Mistakes

Avoid these critical errors:

- Applying the tourniquet too low
- Placing it over the wound
- Placing it over the knee or elbow
- Leaving it too loose
- Stopping tightening because of pain
- Removing it after bleeding has stopped

The correct tourniquet is tight enough that the bleeding stops completely.

A Simple Memory Aid

Massive Bleeding? Remember: HIGH – TIGHT – STOP

HIGH – Place the tourniquet high on the limb.

TIGHT – Tighten it aggressively.

STOP – Keep tightening until the bleeding stops.

If it does not stop, apply a second tourniquet above the first.

Every Protector Should Carry One

A tourniquet is small, lightweight, inexpensive, and capable of saving a life within seconds. Whether you are a security professional, police officer, soldier, martial artist, outdoorsman, or simply a prepared citizen, carrying a quality tourniquet and knowing how to use it is part of being a responsible protector.

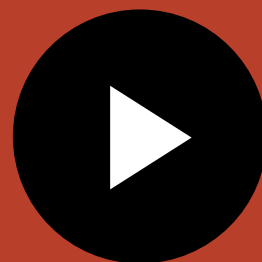
Skills save lives.

Equipment supports skills.

Preparation creates survivors.

Train before the emergency happens.

VIDEO



TOURNIQUET

TACTICAL APPLICATION

STOP THE BLEED. SAVE A LIFE.

13

WHERE TO APPLY



We apply the tourniquet to stop a **MASSIVE BLEEDING** on the **LIMBS, HIGH AND TIGHT**, between the wound and the heart.

INDICATIONS

- ✓ Massive extremity bleeding that cannot be controlled with direct pressure
- ✓ Traumatic amputation
- ✓ When other methods fail or are not possible

NOT FOR

- ✗ Neck, armpit, or groin
- ✗ Joints (elbow, knee)
- ✗ Minor bleeding

ARMS

Apply high on the upper arm, as close to the shoulder as possible.

LEGS

Apply high on the thigh, as close to the groin as possible.

! APPLY HIGH AND TIGHT – between the wound and the heart.

IF APPLYING ON THE LEGS ON CLOTHES:

CHECK THE POCKETS

for objects that can reduce the efficiency of the tourniquet or cause additional injury.



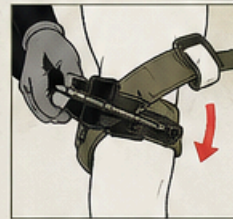
! REMOVE OR REPOSITION OBJECTS BEFORE APPLYING THE TOURNIQUET WHEN POSSIBLE.

HOW TO APPLY (CAT EXAMPLE)



1 PLACE

Place the tourniquet 2–3 inches above the bleeding site. Never on a joint.



2 PULL

Pull the strap tight and secure the Velcro.



3 TWIST

Twist the windlass until the bleeding stops.



4 SECURE

Secure the windlass in the clip.



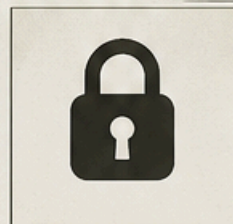
5 TIME

Record the time of application on the tourniquet strap.



6 REASSESS

Reassess bleeding. If bleeding continues and the tourniquet is not effective, reapply a second tourniquet higher (up to 2–3 inches).



7 LEAVE IT

Do not remove the tourniquet in the field. Only a trained medical provider should remove it.

KEY POINTS

- ➡ Apply **HIGH** and **TIGHT**.
- 💧 The tourniquet should be tight enough to stop the bleeding.
- ⬆ If bleeding continues, add a second tourniquet higher.
- ⊘ Do not loosen or remove in the field.
- ✳ Tourniquets save lives – use them without hesitation.

POSSIBLE COMPLICATIONS

Tourniquets can cause tissue damage if left on for a long time, but uncontrolled bleeding will kill faster.

RISKS INCLUDE:

- Nerve damage
- Muscle damage
- Tissue death
- Limb loss

! THE BENEFIT OF STOPPING LIFE-THREATENING BLEEDING FAR OUTWEIGHS THE RISKS.

WHEN HELP ARRIVES

- 🗣 Inform medical personnel that a tourniquet is in place and the time it was applied.
- ⊘ Do not allow anyone unfamiliar with tactical care to remove it.
- 📶 Continue monitoring the casualty and treat for shock.

REMEMBER

MASSIVE BLEEDING KILLS IN MINUTES.

A TOURNIQUET APPLIED CORRECTLY SAVES LIVES.



Active Shooter:

WHAT EVERY PROTECTOR SHOULD UNDERSTAND

RESTAURANT TRAINING VIDEO

Most people imagine that a restaurant is a place of safety, a place where families gather, friends meet, and life feels normal. The reality is that an active shooter or terrorist attack can happen in any public venue: a restaurant, café, shopping center, concert hall, train station, or school. Recent attacks across Europe, remind us that mass casualty events are not theoretical scenarios. They are real, chaotic, and brutally unforgiving.

The purpose of studying these events is not to create fear or to speculate about politics, ideology, or who may be behind an attack. The purpose is to become better Protectors. We cannot control the agendas of terrorists or criminals, but we can prepare ourselves to act decisively, increase our chances of survival, and potentially save the lives of others.

The 2024 Moscow Crocus City Hall terrorist attack demonstrated how quickly normal life can turn into catastrophe. Armed attackers entered a crowded public venue, opened fire indiscriminately, and moved through the building searching for additional victims. The footage revealed confusion, denial, panic, and hesitation, common human reactions during extreme violence. Many people initially failed to recognize the sounds of gunfire, while others froze, hid behind inadequate objects, or moved without a clear direction.

The first and most important principle is simple: if you can escape, run immediately. Move away from the sound of gunfire and away from the danger zone. A moving target is harder to hit than a stationary one, and every second spent hesitating can become fatal. However, running blindly is not enough. The Protector develops the habit of situational awareness. Whenever you enter a restaurant or any public venue, identify the main entrance, secondary exits, emergency exits, kitchen access points, service corridors, and potential routes of escape. This habit, often called intel gathering, was standard practice in military, police, and close protection operations because knowing the environment before a crisis begins dramatically improves decision-making under stress.

Another critical lesson is understanding the difference between cover and concealment. Tables, curtains, furniture, and thin walls may hide you from view, but they generally do not stop bullets. Solid structural columns, reinforced walls, engine blocks of vehicles, and other substantial barriers provide true cover. During an active shooter event, choosing real cover instead of mere concealment can be the difference between life and death.

If escape is impossible, hiding becomes a temporary survival strategy, not a passive surrender. Lock or barricade doors if possible, silence phones, remain out of the attacker's line of sight, and prepare mentally for the possibility that you may need to fight if discovered. The fetal position is not a defensive plan. A Protector remains mentally engaged, aware of improvised weapons, escape opportunities, and the movements of the attacker.

The Moscow attack also highlights another responsibility that is often overlooked: trauma medicine. Many victims of shootings and explosions die from preventable bleeding before emergency services can reach them. A Protector should carry basic bleeding control equipment, including tourniquets, compression gauze, pressure bandage, and chest seals, and should know how to use them under stress. Even if you are unable to stop the attacker, you can still save lives by controlling massive hemorrhage and providing immediate trauma care.

Finally, remain realistic. A knife is not equivalent to a firearm, and confronting an armed attacker should be considered a last resort when there is no possibility of escape and innocent lives are in immediate danger. The goal is not heroism for its own sake; the goal is survival and protection.

An active shooter in a restaurant is one of the most chaotic emergencies a civilian can face. The lessons are clear: know your exits, understand cover versus concealment, move immediately if escape is possible, prepare to barricade if necessary, carry trauma medical equipment, and train before the emergency happens. In moments of chaos, people do not rise to the level of their intentions—they fall to the level of their preparation.

TRAINING
VIDEO



TAILS: THE OPERATING SYSTEM



EVERY MODERN PROTECTOR SHOULD KNOW

Privacy is not paranoia. It is preparedness.

The world has changed. Every search, every connection, every login, and every device we use leaves a digital footprint. Governments, corporations, advertisers, cybercriminals, and malicious actors all collect, analyze, or exploit data in ways that were almost unimaginable only a few decades ago.

For the modern Protector, the battlefield is no longer limited to the street, the wilderness, or the physical environment. It also exists in the digital domain.

A Protector must be physically capable, mentally resilient, spiritually grounded, and increasingly, digitally aware. Basic knowledge of operational security (OPSEC), encrypted communication, anonymous browsing, and secure information handling is becoming as important as first aid, situational awareness, or navigation.

One of the most valuable tools available for digital privacy and anonymity is Tails.

What Is Tails?

Tails (The Amnesic Incognito Live System) is a privacy-focused operating system designed to keep your identity and online activities anonymous.

Unlike Windows or macOS, Tails is not installed permanently on your computer. It runs directly from a USB stick, allowing you to boot almost any compatible computer into a secure, isolated operating system.

The process is simple:

- Install Tails on a USB drive
- Boot a computer from that USB
- Use the system normally
- Shut it down

When the session ends, Tails leaves no trace on the computer unless you deliberately choose to save encrypted data.

This is why it is called "Amnesic." It forgets everything.

Why It Matters

Most people assume that deleting browser history or using private browsing mode is enough to protect their privacy. It is not.

Modern operating systems and online services constantly generate logs, temporary files, metadata, cookies, and identifiers that can reveal a surprising amount of information about a user.

Tails was designed specifically to minimize that exposure.

1. All Internet Traffic Is Routed Through Tor

Every internet connection made through Tails is automatically routed through the Tor network, helping conceal your IP address and making it significantly more difficult to identify your location or monitor your online activity.

2. It Leaves No Trace

By default, Tails does not store:

- Browsing history
- Search history
- Download logs
- Temporary files
- Metadata
- User activity

Once the system is shut down, the session disappears.

This is particularly valuable when using public, borrowed, shared, or potentially compromised computers.

3. Strong Encryption Is Built In

Tails includes tools for:

- Encrypted messaging
- Secure email
- Password management
- File encryption

If you choose to enable Persistent Storage, the data is protected with strong encryption, allowing important files or settings to be stored securely.

4. Isolation from the Host Computer

Because Tails runs independently from the computer's installed operating system, it provides a layer of separation from many forms of malware, spyware, tracking software, and monitoring tools that may exist on the host machine.

5. Free and Open Source

Tails is completely free and open-source.

Its code can be inspected by security researchers and independent experts, reducing the risk of hidden backdoors or undisclosed surveillance mechanisms.

Who Should Use Tails?

One of the greatest misconceptions about privacy tools is that they are only for hackers or intelligence agencies.

In reality, Tails was designed for ordinary people who need extraordinary privacy.

Journalists and Whistleblowers

Protecting sources and confidential communications can be a matter of personal safety.

Activists and Human Rights Defenders

In many parts of the world, surveillance and censorship are real threats.

Researchers and Professionals Handling Sensitive Information

Secure communication and data protection are essential when dealing with confidential material.

Law Enforcement Officers

Investigators often need to conduct research without exposing operational details or revealing investigative patterns.

Private Investigators

Anonymous browsing can help reduce digital exposure during sensitive investigations.

Close Protection Operators and Security Professionals

Operational planning, travel research, client-related information gathering, and communication may benefit from improved digital privacy.

Preparedness-Minded Citizens

Anyone who values privacy, wishes to reduce corporate tracking, or wants a secure environment for sensitive online activity can benefit from learning Tails.

People Using Public or Untrusted Computers

Hotels, libraries, internet cafés, airports, training facilities, borrowed laptops, or shared workstations all present additional security risks. Tails allows you to use these systems without leaving behind personal traces.

You Do Not Need to Be a Computer Expert

One of the strengths of Tails is that it is surprisingly approachable.

Its interface is similar to other desktop operating systems, and most users can perform common tasks such as:

- Browsing the web
- Sending email
- Viewing documents
- Managing files
- Using encrypted communication tools

without advanced technical knowledge.

Learning the basics can be accomplished in a relatively short amount of time.

The Protector and the Digital Domain

Preparedness is often associated with medical skills, firearms, physical security, survival, and self-defense.

These remain essential.

However, the modern Protector must also understand that information is power.

Your location, habits, contacts, communications, and digital identity can reveal vulnerabilities long before a physical threat appears.

Operational security is not only about avoiding danger in the field it is also about reducing unnecessary exposure in everyday life.

Understanding tools such as Tails does not mean living in fear or hiding from society. It means possessing the knowledge and capability to protect yourself when privacy genuinely matters.

A responsible Protector does not rely on a single skill.

He develops competence across multiple domains: medical, physical, mental, spiritual, and digital.

Tails is one of the simplest and most effective ways to begin building that digital competence.

To help you get started, watch this practical Tails tutorial and learn how to install, boot, and use the operating system safely and anonymously





PIPER

KNIFE SYSTEM

THE SOUTH AFRICAN BLADE SYSTEM EVERY PROTECTOR SHOULD UNDERSTAND

When distance disappears, timing becomes everything.

The modern Protector must be prepared for a reality that is often ignored in conventional self-defense training: violence happens fast, at close range, and under extreme stress. Many knife attacks occur within arm's reach, leaving little time for complex techniques or elaborate defensive sequences.

This is one of the reasons why Piper, the South African knife fighting system, developed by Nigel February, has gained international attention among military personnel, law enforcement officers, security professionals, martial artists, and individuals interested in realistic edged-weapon defense.

Piper is not built around choreography or tournament performance. It is a system forged in an environment where survival was often determined by movement, deception, and the ability to function under pressure. Piper is a made to KILL!

What Is Piper?

Piper is a South African blade system that emphasizes mobility, unpredictability, timing, rhythm disruption, and close-range blade deployment. The system is best known for its distinctive movement patterns, explosive footwork.

Unlike many traditional knife systems that rely heavily on structured drills and predetermined attack patterns, Piper focuses on adaptive movement and the ability to respond dynamically to rapidly changing situations.

Piper was developed as a killing/assassination method.

Its practitioners develop skills that include:

- Continuous movement
- Angular positioning
- Evasive footwork
- Rhythm and timing manipulation
- Close-quarter engagement
- Transitional movement between armed and unarmed actions

Piper is often recognized by its fluid and seemingly unconventional body mechanics, but beneath that appearance lies a highly functional approach to surviving violent encounters.

The Origins of Piper

Piper emerged from the Cape Flats region of South Africa, an area that has experienced significant levels of violent crime, gang conflict, and close-quarter blade violence. Nigel February developed the system through years of observation, personal experience, research, and refinement of methods used by individuals who survived real edged-weapon confrontations.

Rather than preserving a historical martial tradition, Piper evolved as a modern survival system shaped by the realities of urban violence.

This practical origin is one of the reasons many professionals find it compelling: the techniques were not developed primarily for competition or demonstration, they were developed in response to real-world conditions.

Why Piper Is So Efficient

- Movement Before Technique

One of Piper's core strengths is its emphasis on movement.

Instead of remaining stationary or relying on linear attacks, practitioners learn to move continuously, creating angles that make targeting more difficult and attack unpredictable. It's disrupting an opponent's ability to establish control.

Timing and Rhythm

Piper places exceptional importance on timing.

Many attacks fail not because they lack power, but because they occur at the wrong moment. Piper teaches practitioners to recognize rhythm, break rhythm, and exploit moments when an opponent is committed, distracted, or structurally compromised.

Close-Range Functionality

Knife violence rarely resembles choreographed martial arts demonstrations.

Piper is designed for the distances where people are grabbing, colliding, trapping limbs, and fighting for position. Its mechanics function effectively in confined spaces such as corridors, vehicles, stairwells, crowded environments, and urban structures.

Unpredictability

Predictable movement is easier to counter.

Piper develops the ability to alter angles, tempo, and body positioning rapidly, making it significantly more difficult for an opponent to anticipate the next movement.

Integration of Body Mechanics

The system uses coordinated whole-body movement rather than isolated arm actions. This integration improves speed, power generation, recovery, and the ability to continue functioning even when balance or posture has been disrupted.

PIPER

The Protector's Perspective

Why should a Protector study Piper?

Because a Protector cannot choose the environment in which violence occurs. Whether you are a law enforcement officer, military member, private security operator, close protection professional, emergency responder, or an ordinary citizen responsible for your family, understanding edged-weapon dynamics is essential.

Piper develops attributes that transfer well beyond knife training:

- Situational awareness
- Distance management
- Footwork efficiency
- Reaction timing
- Stress adaptation
- Close-quarter mobility
- Decision-making under pressure

Even if a Protector never carries a knife, studying Piper provides valuable insight into how a skilled blade attacker moves, how attacks develop, and how quickly a confrontation can escalate.

Understanding a threat is a critical component of defending against it.

More Than a Collection of Techniques

Perhaps the greatest lesson Piper offers is that survival is rarely about memorizing techniques.

It is about developing attributes.

A person who possesses excellent timing, efficient movement, strong awareness, and the ability to remain functional under stress has a far greater chance of surviving violence than someone who knows hundreds of techniques but cannot apply them dynamically.

Piper encourages practitioners to become adaptable rather than rigid, responsive rather than scripted.

That philosophy aligns closely with the mindset of the Protector: prepare broadly, train realistically, and cultivate skills that remain functional when plans fail.

Train with Responsibility

Piper is a blade system, and like any edged-weapon discipline it must be approached with maturity, discipline, and respect. The purpose of studying such systems should be understanding, preparedness, and responsible defensive capability, not aggression or intimidation.

For the modern Protector, blade training is not about seeking violence.

It is about recognizing that violence may one day find you, and ensuring that you possess the knowledge, awareness, and movement skills necessary to protect yourself and those who depend on you.

I just started the practice of Piper knife fighting system as an Apprentice under my teacher Piper Guardian Matthieu Jeandel, which I recommend to all of you that want to learn Piper.



A video collage from my Piper training sessions.

Walking Two Worlds

Why a Protector Must Master Both Old Knowledge and Modern Technology



On the Protector's path, knowledge doesn't travel in a straight line. It runs in two parallel tracks, the timeless skills of our ancestors and the rapidly evolving capabilities of modern technology. Both matter. Both shape resilience. And together, they build something far more powerful than either path could alone.

Think of it this way: If you study only the "old school," you risk being left behind by a world that is advancing faster than at any time in human history. But if you chase only the "new school," you become dependent on systems that can vanish in a heartbeat. True strength comes from balance, one foot rooted in old knowledge, the other stepping into innovation.

Why You Must Know Both the Old and the New

A Protector must live with a dual awareness: the world as it is right now and the world as it could become when everything changes. This is why knowing how to use both modern gadgets and primitive tools isn't optional, it's essential.

Old-School and Modern Navigation

Take navigation as an example. Today, we rely on GPS, smartwatches, digital maps, and navigation systems that guide us turn by turn. These tools are incredible. They save time, prevent mistakes, and allow us to cross entire continents without ever unfolding a paper map.

But here's the danger: If the grid goes down, if satellites fail, if power collapses, or if digital infrastructure is compromised, all of that glowing tech becomes nothing more than dead weight.

In those moments, the protector trained in both worlds stands firm. They know how to navigate using a compass. They know how to read a physical map. They understand the position of the stars at night, the direction of moss on trees, or the flow of rivers across terrain.

This duality isn't paranoia. It's preparedness, a simple acknowledgment that dependency on one system is a weakness, not strength. Navigation is one of humanity's oldest survival skills, and today, it's also one of the most technologically advanced. From following stars to following satellites, humans have always depended on the ability to move with purpose rather than wander with uncertainty.

But in an era where digital navigation systems guide everything from your morning commute to global air traffic, a dangerous assumption has emerged:

That navigation is easy. That navigation is automated. That navigation is guaranteed. It is not.

Like all technology, modern navigation is fragile, dependent on electricity, satellites, signals, processors, networks, and infrastructure that most people never think about. And this is where the Protector's mindset comes in:

A Protector must be able to navigate in both worlds:

- The world of satellites, GPS chips, digital mapping, and sensor fusion.
- The world of stars, compasses, terrain reading, and environmental interpretation.

Both sets of skills matter. Both sets make you adaptable. And both sets ensure that you're never blind just because your phone battery hit 0%.

I. MODERN NAVIGATION — THE DIGITAL AGE OF ORIENTATION

Modern Navigation: The Technology Every Protector Should Understand

Modern navigation is one of the greatest technological achievements of our time. The ability to determine your position anywhere on Earth within seconds has transformed travel, military operations, emergency response, aviation, maritime navigation, and everyday life. What appears simple when we open a navigation app is actually the result of several advanced technologies working together simultaneously.

At its core, modern navigation is built on three interconnected systems: satellite navigation, onboard sensors, and digital mapping. Together, these systems provide real-time positional information with remarkable speed and accuracy.

Satellite Navigation Systems (GNSS)

Most people refer to all satellite navigation as “GPS,” but GPS is only one part of a much larger global network known as the Global Navigation Satellite System, or GNSS. The world currently operates several major satellite navigation systems, including GPS from the United States, GLONASS from Russia, Galileo from the European Union, BeiDou from China, QZSS from Japan, and NavIC from India.

Modern smartphones, smartwatches, and navigation devices often use signals from multiple satellite constellations at the same time. This multi-constellation positioning improves accuracy and reduces the likelihood of losing navigation capability when individual satellite signals become weak or obstructed.

The underlying principle is based on trilateration. Navigation satellites continuously broadcast precisely timed radio signals. A receiver calculates its position by measuring how long those signals take to arrive from multiple satellites. Because the speed of radio waves is known and the satellite positions are known, the device can calculate its exact location. With signals from at least four satellites, it can determine latitude, longitude, altitude, and extremely precise time. This is what allows a phone to know where you are whether you are standing on a highway, hiking in the mountains, or navigating an unfamiliar city.

Sensor-Based Navigation

Satellite signals alone are not enough to create the smooth and responsive navigation experience we use every day. Modern devices contain a collection of internal sensors that continue tracking movement even when satellite reception becomes weak.

An accelerometer detects movement and acceleration, a gyroscope measures rotation and orientation, and a magnetometer functions as a digital compass by detecting the Earth’s magnetic field. These sensors work together through a process known as sensor fusion, allowing the device to estimate movement through tunnels, dense urban environments, forests, or other areas where satellite signals may temporarily degrade. This is why a navigation app often continues following your movement smoothly even when GPS reception is partially interrupted.

Digital Maps and Real-Time Data

The third pillar of modern navigation is the digital map itself. Navigation applications combine high-resolution terrain data, constantly updated road networks, live traffic information gathered from millions of connected devices, artificial intelligence route optimization, and real-time hazard reporting. The result is a navigation ecosystem that can calculate the fastest route, avoid congestion, reroute around accidents, and provide continuously updated situational awareness.

For a Protector, understanding these systems is important because they dramatically increase mobility, efficiency, and decision-making speed. However, every technological advantage also carries a vulnerability.

The Limitations of Modern Navigation

A Protector must understand not only the strengths of a tool but also the conditions under which that tool can fail. Modern navigation is exceptionally capable, yet it remains dependent on technology, infrastructure, and external systems that are not always under your control.

One of the most obvious vulnerabilities is battery failure. A navigation device that has no power provides no information. Phones, tablets, GPS units, and smartwatches are only useful while they remain charged.

Another common weakness is signal loss. Satellite reception can be disrupted or blocked by tunnels, underground structures, dense urban environments with tall buildings, heavy forest cover, severe weather conditions, and areas where military or government signal interference is present. When satellite signals become unreliable, navigation accuracy can deteriorate rapidly.

A more advanced threat is GPS spoofing and jamming. In conflict zones, border regions, maritime areas, and high-security environments, satellite navigation signals can be intentionally disrupted. A spoofed device may display an incorrect location, false movement, or a completely fabricated position, potentially leading a user in the wrong direction without realizing it.

Perhaps the most dangerous vulnerability is over-reliance. Many people have become so dependent on digital navigation that they can no longer orient themselves using terrain, landmarks, the sun, or a map and compass. When technology fails, they lose not only their navigation tool but also the underlying skill of finding their way.

Finally, modern navigation depends on a broader technological infrastructure that can itself become disrupted. Severe solar geomagnetic storms, large-scale power outages, telecommunications failures, satellite network disruptions, or cyberattacks can affect navigation services, communication networks, internet access, and other systems that digital navigation relies upon.

For the modern Protector, technology should be viewed as a force multiplier rather than a crutch. GPS, digital maps, and sensor-based navigation provide extraordinary capability, but true preparedness means retaining the ability to navigate when batteries fail, signals disappear, infrastructure collapses, or technology becomes unavailable. The Protector who understands both the power and the limitations of modern navigation is far more resilient than the one who depends on it blindly.



I. MODERN NAVIGATION — THE DIGITAL AGE OF ORIENTATION

When the Digital World Goes Dark

When the digital world goes dark, navigation instantly returns to its oldest form. A dead battery, a damaged device, a jammed GPS signal, or a collapsed communication network can reduce even the most advanced navigation system to a useless piece of electronics. In those moments, old-school navigation becomes priceless.

For thousands of years, humans crossed oceans, deserts, forests, mountains, and entire continents without satellites, smartphones, or digital maps. They relied on natural cues, simple instruments, observation, and experience. These skills are not relics of the past; they are the foundation of true independence and situational awareness. A Protector who understands traditional navigation possesses a capability that technology cannot take away.

Compass Navigation

The magnetic compass remains one of the most reliable navigation tools ever created. It is simple, durable, requires no batteries, and functions under conditions where electronic systems may fail.

Its operation is based on the Earth's magnetic field, which is generated by the movement of molten iron within the planet's core. This field creates magnetic north and magnetic south, allowing a compass needle to align itself with the Earth's magnetic orientation. A skilled navigator also understands magnetic declination, the difference between geographic north and magnetic north, which varies by location and changes gradually over time.

Mastering a compass means more than simply pointing north. It involves taking bearings, following azimuths, adjusting for declination, triangulating your position, and navigating accurately even in poor visibility. The tool is simple, but the capability it provides is profound.

Map Reading

A topographic map transforms a flat sheet of paper into a three-dimensional understanding of the terrain. It reveals not only where features are located but also how the land rises, falls, channels movement, and creates obstacles.

A competent Protector understands contour lines, map scale, legends, grid references, elevation intervals, waterways, ridgelines, and terrain relationships. Reading a map is similar to reading tracks in the wilderness; it requires attention to shape, pattern, elevation, and the natural flow of the landscape. A map does not merely show location; it reveals possibilities, dangers, routes, and advantages.

Terrain Association

Terrain association is the ability to match the world around you with the map in your hands. Instead of constantly relying on a compass or GPS, the navigator identifies valleys, ridges, spurs, depressions, rivers, lakes, and mountain silhouettes, then uses those features to confirm position and direction.

This is the difference between simply carrying a map and truly navigating with confidence. A Protector who practices terrain association develops a much deeper awareness of the environment and can move efficiently even when visibility, technology, or time is limited.

Celestial Navigation

Long before satellites orbited the Earth, navigators looked to the sky. The stars provided a dependable reference that guided explorers, sailors, soldiers, and travelers across vast distances.

The North Star, Polaris, is positioned almost directly above the Earth's rotational axis. Its height above the horizon closely corresponds to the observer's latitude, making it a remarkably useful navigational reference. The apparent movement of the stars follows predictable patterns caused by the Earth's rotation, and ancient navigators used these patterns, along with seasonal changes, to determine direction and maintain long-range courses.

Even a basic understanding of celestial navigation can provide orientation at night when electronic systems are unavailable.

Natural Navigation

Nature itself contains countless navigational clues. The sun rises generally in the east and sets generally in the west. Shadows change predictably throughout the day. Rivers carve characteristic erosion patterns, valleys channel movement, and animal trails often lead toward water sources or areas of regular activity. Vegetation, prevailing winds, snow patterns, and other environmental indicators can all contribute to orientation.

No single natural sign should be treated as infallible, but when multiple indicators are observed together, they form a remarkably reliable picture of the landscape. Natural navigation develops observation, patience, and environmental awareness—qualities that no digital device can provide.

For the Protector, these timeless arts are more than survival techniques. They are tools of independence. Technology can enhance navigation, but traditional skills ensure that you can continue moving when technology disappears. The person who understands the land, the sky, and the natural world will always possess an advantage over the person who understands only the screen.





Why You Need Both: The Protector's Mindset

A protector who relies only on modern navigation is vulnerable when technology fails. A protector who relies only on traditional navigation is limiting himself in a world where digital tools provide enormous advantages. The strongest navigators are those who can operate confidently in both worlds.

Modern navigation offers speed, precision, convenience, global awareness, and real-time information that can dramatically improve decision-making. Traditional navigation provides independence, resilience, confidence under uncertainty, adaptability, and a much deeper understanding of terrain and movement. When these two approaches are combined, they create a navigator who is capable of functioning effectively regardless of the environment or the circumstances. This is the mindset of a true protector: someone who is never completely dependent on technology and never limited by its absence.

V. When Each System Dominates

Modern navigation is unmatched in environments where efficiency and precision are critical. It excels during urban travel, international movement, aviation, maritime navigation, drone operations, search and rescue missions, and military operations that rely on encrypted GPS systems and digital coordination.

Traditional navigation becomes essential when technology is unavailable or unreliable. It is particularly valuable during power outages and grid failures, in wilderness environments, in areas affected by GPS jamming or signal interference, during severe storms or atmospheric disturbances, after solar flare events, in remote rural terrain, and whenever battery-powered devices are damaged or depleted.

Neither system is complete on its own. Each compensates for the weaknesses of the other, and understanding when to transition between them is a critical survival skill.

VI. The Synergy: Mastering Both Worlds

A protector does not choose between modern and traditional navigation. A protector integrates both into a single capability. GPS can be used for speed and efficiency while a map provides a broader understanding of terrain and route planning. Compass bearings can verify digital directions and prevent navigation errors. Celestial navigation can confirm long-distance movement when electronic systems become questionable. Satellite imagery can be combined with natural terrain recognition, and offline digital maps can serve as an additional layer of backup alongside paper maps and compass skills.

The highest level of navigation is not achieved by using technology exclusively or by rejecting it entirely. It is achieved by mastering both systems so thoroughly that you can move confidently with technology, without technology, and despite technology. That is the level of competence every protector should strive to reach.

Weapons: Old Tools and New Safeguards



The Protector's Dual Path: Modern and Ancient Weapons

The same principle that applies to navigation also applies to tools of personal protection. Modern firearms are incredibly effective, precise, and efficient. They represent the highest level of technological evolution in self-defense and defensive capability. Every Protector should understand them, respect them, and be trained in their safe and responsible use.

However, relying solely on modern weapons creates a dangerous dependency. Firearms can suffer mechanical failures, ammunition can run out, electronic optics can stop functioning, regulations can change, and access to equipment can become restricted. In extreme situations, the infrastructure that supports modern weapon systems may no longer be available. Even within the world of firearms, this principle is clear. A Protector who knows only electronic optics but cannot effectively use iron sights has already created a weakness in his capability.

This philosophy extends beyond firearms. Ancient weapons such as axes, tomahawks, war hammers, and maces still hold value today, not because we are trying to live like Vikings or medieval warriors, but because these tools require no batteries, ammunition, electronics, or functioning supply chains. They develop physical awareness, leverage, timing, coordination, and adaptability. They force the user to understand distance, momentum, body mechanics, and the realities of close-range conflict in a way that modern technology can sometimes obscure.

More importantly, they remind us that a Protector's confidence must never depend on a single tool. True confidence comes from skill, mindset, adaptability, and the ability to function under changing conditions.

Weapons have always been more than instruments of violence. They are reflections of their era, their culture, their technology, and the survival strategies of the people who carried them. From the first sharpened stone to the modern precision rifle, weapons evolved alongside human responsibility and the need to protect family, community, and civilization.

A Protector's relationship with weapons is not about aggression. It is about preparedness, discipline, awareness, and the ability to safeguard life when danger threatens it. To understand this role fully, a Protector must walk two parallel paths: the path of modern weapons, shaped by engineering, ballistics, optics, polymers, and advanced technology, and the path of ancient weapons, shaped by simplicity, physical skill, and timeless human ingenuity. Both matter. Both teach essential lessons. Both strengthen the Protector.

Understanding the Limits of Each World

No weapon system is perfect. Modern firearms provide extraordinary capability, but they remain dependent on mechanical components, ammunition, maintenance, environmental conditions, legal access, and training. Electronic systems can fail, parts can break, and complex technology can become a liability when support systems disappear.

Ancient weapons possess a different set of strengths and weaknesses. Their effective range is limited, they require greater physical conditioning and technical skill, and they often expose the user to greater personal risk during close-range engagement. They are less efficient against multiple threats at distance and demand a higher level of physical competence.

Understanding these limitations is what allows a Protector to make intelligent decisions rather than emotional ones. Modern weapons solve problems that ancient weapons cannot. Ancient weapons develop qualities that modern weapons often do not.

Why a Protector Needs Both

Many people choose only one side of this equation. Some romanticize historical weapons and dismiss modern firearms, while others rely entirely on modern firepower and neglect the physical and mental fundamentals that underlie all combat. Both extremes create dangerous blind spots.

The strongest path is the dual-path philosophy. Modern weapons provide reach, precision, efficiency, control, and rapid response capability. Ancient weapons provide reliability, independence, physical literacy, adaptability, and resilience. Together, they create a Protector who can operate effectively in both urban and wilderness environments, who understands mechanical and technological limitations, who remains capable whether systems function or fail, and who can protect others under both modern and primitive conditions.

This is the balance of the modern Protector. It is not about choosing the old world or the new world. It is about mastering both so that your ability to protect never depends on a single weapon, a single technology, or a single era.

Breaching, Access, and Understanding Systems



Let's take another example: bypassing locks.

For generations, people studied mechanical locks, understanding pins, tumblers, shims, and wards. Not for wrongdoing, but to understand how security works and how to solve problems when systems fail. These old-school skills train patience, dexterity, and sharp thinking.

Today, a new type of lock dominates our world: digital, wireless, and invisible. NFC badges. RFID access. Smart locks. Keyless ignition systems.

Devices like the Flipper Zero highlight how the modern world operates through waves, signals, and digital signatures instead of simple metal keys. Learning these technologies responsibly doesn't make you a hacker, it makes you literate in the language of modern security.

A Protector understands both worlds. The mechanical and the digital. The old vulnerabilities and the new ones.

Because access, whether to information, resources, or simply the ability to help, often depends on knowledge of both.

Many places around the world still rely on older systems. In parts of Africa, South America, and Eastern Europe, mechanical padlocks remain the norm. Rural areas often function with decades-old infrastructure. Even in modern nations, one major disaster can push cities back into the past overnight.



Video Flipper Zero NFC Access Card



When Old Skills Dominate, New Threats Rise

But the opposite is also true: if you prepare only for a collapse scenario, you ignore the reality of the world as it exists today.

Most dangers we face right now are not medieval, they're digital.

- Data breaches
- Identity theft
- Drone surveillance
- Geo-tracking
- AI-driven misinformation
- Cybercrime
- Loss of privacy

Ignoring the digital battlefield makes you vulnerable. It blinds you to the threats that affect not just nations and corporations, but individuals and families every day.

A Protector must know how to operate smartphones securely, recognize phishing attempts, understand basic cybersecurity principles, navigate OSINT tools, and stay aware of how technology shapes modern risk.

Preparedness without digital literacy is incomplete.

Modern and Primitive Survival Tools



Survival has always been the great equalizer. Long before technology turned the wilderness into a playground of convenience, humans survived because they learned how to work with the land, adapt to the elements, and innovate with whatever nature placed in their hands. But times have changed. Today, we live in an age where gadgets fit in your pocket and promise to make survival effortless: lighters that spark in a storm, filters that purify water instantly, blankets thinner than paper that retain body heat, and portable shelters that unfold like magic. Yet beneath all that convenience lies a hard truth: modern gear is fragile. It depends on manufacturing, energy, lubrication, supply chains, and materials that may not always be available. A Protector must respect modernization, but never depend on it blindly.

The Modern World of Survival Tools

There is no denying the brilliance of modern survival gear. Take water purification tools, for instance. A simple straw-like device can now remove contaminants with microscopic precision, often relying on advanced filtration fibers that block harmful microorganisms. Small tablets that fit in a matchbox can transform questionable water into something drinkable. UV wands use light frequencies to neutralize pathogens in seconds. These tools exist because science has allowed us to shrink complex purification systems into pocket-sized instruments.

The same evolution extends to fire-making. Stormproof lighters are engineered to function even in high winds and rain. Some are powered by butane, others by plasma arcs created through electrical charge. Ferro rods modern incarnations of spark-producing metal alloys can be scraped to create scorching sparks under almost any condition. Commercial fire starters, created from compressed or treated materials, burn long enough to ignite damp wood that ancient humans would have considered nearly useless.

Shelter, too, has evolved. Modern survival blankets reflect body heat with an efficiency no traditional fabric could match. Ultra-light bivies fold down smaller than a fist yet insulate a person through freezing nights. Multi-tools create cutting, gripping, and carving capabilities in a single handheld device. Synthetic fibers stronger than steel offer cordage that can withstand immense tension without fraying or snapping.

Modern gear is fast, efficient, and powerful. It saves energy, reduces risk, and increases the chances of survival. But its greatest strength is also its greatest weakness: it depends on availability, functionality, and manufacturing. If it breaks, runs out, or malfunctions, the advantage disappears instantly.

The Ancient World of Survival Tools

Before filters, tablets, and UV purifiers existed, survival was a patient dance between knowledge and nature. Water purification was achieved through natural materials like charcoal, sand, stones, each contributing their own properties to help clean water. Charcoal adsorbs impurities. Sand and stones slow the flow, allowing sediment to settle. Heat from fire kills pathogens. Even sunlight plays a role when used correctly. These methods reflect timeless physical principles, not modern engineering.

Fire-making in the ancient world relied entirely on environmental awareness. It required understanding the nature of fuels, the behavior of spark and ember, and the relationship between dryness, friction, and oxygen. Even the simple act of using stones or metal to generate sparks forced a person to develop patience and technique. Primitive fire-making took practice, but once learned, it belonged to you forever no fuel required, no components to break, no dependency on a factory.

Primitive shelters were built from branches, bark, leaves, stones, and whatever nature provided. These shelters demanded an understanding of wind direction, rainfall patterns, temperature, and terrain. The quality of a primitive shelter often depended more on judgment than materials. And in learning to construct such shelters, a Protector develops a deep connection to the land—one that no modern product can replicate.

These older methods are slow. They demand skill and energy. But their reliability is unmatched. They are not items you carry in your pack, they are tools you carry in your mind.

Modern tools make survival easier and faster. Primitive tools make survival possible even when everything goes wrong. A Protector understands that the world does not guarantee stability, and that gear can be lost, damaged, or exhausted. They also understand that knowledge, once learned, cannot be lost unless forgotten through neglect.

The true advantage comes from the synergy of both.

The Protector Stands in the Center — Not the Past, Not the Future

Tribe 13's philosophy speaks to unity, exploration, and growth. That means honoring wisdom from our ancestors while embracing the innovations of our future.

A true Protector is not stuck in the past...and not hypnotized by the future.

Instead, they are grounded in both.

They know how to strike fire with flint and steel...but also how to secure a digital identity from cyber threats.

They can navigate by the stars...yet also pilot a drone with precision.

They can use a primitive tool when necessary...and use a modern gadget efficiently when it matters.

Because the greatest danger in any era is to focus on only one path.



Knife Combat

Mastering the Basics

FREE VIDEO COURSE

Today I want to share something that I created several years ago and make it available to all of you completely free of charge.

The course is called Knife Combat – Mastering the Basics, and it is a structured training program designed to help build a strong foundation in knife skills, defensive awareness, and combat mindset. Rather than keeping it archived, I believe it can still provide valuable knowledge for those who are serious about becoming more capable protectors.

Duration: 199 minutes

This course was built with one goal in mind: to provide practical, foundational knowledge that can be trained and developed over time. Whether you are a complete beginner or someone with previous martial arts, tactical, or self-defense experience, the material is designed to help you strengthen your understanding of knife fundamentals.

Why I'm Giving It Away

The mission of Tribe 13 has always been Prepare. Prevent. Protect.

I want practical knowledge to be accessible to people who genuinely want to become more prepared, more disciplined, and more capable of protecting themselves and those they care about. If this course helps someone take the first step toward becoming a better protector, then it has served its purpose.

Train with Responsibility

A knife is a serious tool, and any training involving edged weapons must be approached with maturity, discipline, and respect. The purpose of this course is to develop responsible defensive skills, situational awareness, and sound judgment. Train safely, practice consistently, and remember that the ultimate goal is protection—not violence.

Continue Your Training

This free course is only one part of what is available through the Tribe 13 platform. Members have access to additional video courses, tactical training materials, trauma medicine resources, survival instruction, mindset development, and a growing community of people committed to becoming better protectors.

You can explore more at:

www.tribe13.net

What You Will Learn

Throughout the course, you will explore a wide range of essential topics, including:

- Fundamental knife handling and grip principles
- Movement and body mechanics
- Human anatomy and vital target awareness
- Practical knife drills to improve precision, coordination, and speed
- Defensive knife concepts
- Combat mindset development
- Ambush and counter-ambush awareness
- Decision-making under stress

A major focus of the course is not simply performing techniques, but understanding why they work and how to develop the discipline, awareness, and consistency required to apply them effectively. Strong fundamentals are what separate confident practitioners from those who rely only on isolated techniques.

↓ **DOWNLOAD**

Becoming a Better Protector After 40

Many people believe that becoming older means becoming less capable. They begin to notice slower recovery, reduced strength, old injuries that never fully disappear, and a body that no longer responds the way it did in their twenties. For many men and women over forty, the question is not whether they can become elite athletes, but whether they can still become better Protectors.

The answer is yes.

Age changes the battlefield, but it does not end the mission. A Protector is not defined only by speed, strength, or youth. A Protector is defined by the ability to safeguard life, make sound decisions under pressure, and remain capable when those around him need him most. In many ways, the most dangerous version of a person is not the youngest version, but the one who has combined experience, discipline, and resilience.

The Protector Mission Does Not Expire

There are generally two groups of people who struggle with this question. The first group consists of those who have trained for many years in combat, fitness, or professional protective work and are now seeing the effects of age, accumulated wear, and injuries. The second group consists of people who are only now beginning their journey toward preparedness and protection, often feeling that they have started too late.

Both groups face the same reality: physical attributes may decline over time, but capability can continue to grow.

Experience matters. Judgment matters. Simplicity matters. A younger person may be faster, but an older Protector often understands violence, preparation, and decision-making far better than he did decades earlier. Combat effectiveness is not built only on athleticism; it is built on skill, efficiency, awareness, and mindset.

Your "Why" Is Everything

The most important factor in becoming a better Protector after forty is not your age. It is your motivation.

Why do you want to remain strong? Why do you want to stay fit, dangerous when necessary, and capable under stress?

For most Protectors, the answer is simple: family.

You do not want to become a liability. You want to remain an asset to your wife, husband, children, parents, grandchildren, friends, and community. You want to be the person who can carry an injured loved one, evacuate your family from danger, stop massive bleeding, or defend those who cannot defend themselves.

That purpose creates discipline.

Nutrition Is the Foundation

After forty, recovery becomes increasingly important. Clean nutrition is no longer optional if you want to maintain strength, energy, and muscle mass.

A Protector does not need to follow a trendy diet. Carnivore, keto, vegan, Mediterranean, or any other approach may work differently for different people depending on their medical history and personal needs. What matters is eating real food consistently.

Focus on adequate protein intake, quality carbohydrates around periods of activity, healthy fats, proper hydration, and minimizing processed foods. Sleep becomes a critical part of the equation. Seven to eight hours of quality sleep each night will do more for recovery and long-term performance than many supplements ever will.

Discipline in nutrition is one of the most effective ways to slow physical decline.

Fitness Is the Base of the Pyramid

Many people assume that weapons training is the most important aspect of protection. Weapons are important, but physical fitness is the foundation that supports everything else.

If you cannot run, move quickly, climb stairs, drag an injured person, or carry a child to safety, your ability to protect is severely limited.

A Protector over forty should prioritize strength training and conditioning. Resistance training helps preserve muscle mass, bone density, and functional strength. Conditioning improves cardiovascular endurance, mobility, and the ability to perform under stress.

One of the most practical forms of conditioning is long-distance walking with a weighted backpack. It builds endurance, strengthens the lower body and core, and prepares you for real-world tasks such as evacuation, hiking, or carrying equipment.

If you are overweight, improving body composition should be a priority. Losing excess fat while maintaining muscle will dramatically improve mobility, health, and defensive capability.





Train for Reality

Fitness alone is not enough. A Protector must also develop combat skills.

For those over forty, Brazilian Jiu-Jitsu is one of the best long-term martial arts because it develops conditioning, balance, leverage, and the ability to control a resisting opponent. It also allows realistic training through live sparring. Boxing is another excellent option for developing striking skills, timing, and distance management. Heavy full-contact sparring may not be ideal for many older practitioners because of cumulative head trauma, but technical training and controlled sparring can provide tremendous benefits.

The key is realism. A few self-defense classes without resistance, pressure, or scenario training are not enough. Train against non-cooperative partners. Learn to function under stress.

Weapons Training Matters

Every Protector should understand the laws of his country and train accordingly.

If firearms are legal where you live, they are the most effective defensive weapon available and should be mastered responsibly. If firearms are restricted, then knives or other legally carried defensive tools become increasingly important. Even when carrying is not possible, training with tools that share similar mechanics, such as screwdrivers, scissors, or other common implements, can develop valuable principles of deployment, control, and distance management.

Weapons training should be integrated with movement, awareness, and empty-hand skills rather than treated as an isolated discipline.

Learn Trauma Medicine

One of the most realistic ways you may save a life is not through fighting, but through medical intervention.

A Protector should know how to control massive bleeding, apply a tourniquet, pack a wound, use compression dressings, and manage traumatic injuries until professional help arrives. In many emergencies, whether caused by accidents, workplace injuries, vehicle collisions, or violent attacks, trauma medicine is the skill that turns a bystander into a lifesaver.



The Mindset That Sustains Everything

The final and perhaps most important element is the combat mindset.

Without purpose, discipline fades. Without discipline, training becomes inconsistent. Without consistency, capability declines.

A combat mindset is not about aggression. It is about responsibility. It is about choosing every day to become a little stronger, a little wiser, and a little more prepared than you were yesterday.

Age is not an excuse. It is simply a new battlefield.

The Protector's Checklist After 40

Focus on the fundamentals:

- Eat clean.
- Train your body.
- Develop strength and conditioning.
- Learn hand-to-hand combat.
- Master the weapons that are legal where you live.
- Study trauma medicine.
- Build an unbreakable combat mindset.

You may never again be the fastest version of yourself, but you can become the most capable, most disciplined, and most prepared version of yourself.

Weapons Tactics

The Hidden Danger of Raising the Arm During a Close-Range Weapon Draw



In close-quarter confrontations, small body movements can have life-or-death consequences. One commonly seen reaction—raising the support arm high behind or above the head while drawing a firearm or knife—may feel instinctive, but it creates a significant tactical and anatomical vulnerability. When facing an armed assailant, particularly one wielding a knife, exposing the axillary region can present a serious risk.

The Problem with the Raised Arm

Many practitioners instinctively lift the non-dominant arm upward while accessing a concealed weapon. Although this movement may seem to clear the draw path, it simultaneously exposes one of the body's most vulnerable areas: the armpit.

When the arm is elevated:

- The axilla (armpit) becomes fully exposed.
- The axillary artery is no longer protected by the upper arm.
- The side of the rib cage opens toward the attacker. (heart side in this illustration)
- The neck often becomes less protected because the shoulder drops away.

Against an attacker armed with a knife, this opening becomes a highly accessible target.





Why the Axillary Artery Matters

The axillary artery is the continuation of the subclavian artery and supplies blood to the upper limb. It runs deep within the armpit, where it is relatively protected when the arm is in a natural position. When the arm is raised overhead, that protection is reduced.

An injury to this region can result in rapid, life-threatening blood loss. While every injury is different and outcomes depend on many factors, from a defensive perspective there is little benefit in voluntarily exposing such a vulnerable anatomical area during a weapon deployment.

Good tactics should minimize unnecessary exposure whenever possible.

Exposing More Than the Axillary Artery

Raising the support arm while deploying a firearm or knife does more than expose the axillary artery. It also opens the left side of the thorax, removing a natural layer of protection from structures that are normally partially shielded by the upper arm and shoulder.

For a right-handed defender, lifting the left arm high leaves the left side of the chest largely unobstructed. This creates a more direct line of access for an armed attacker to target the area over the heart, as well as the spaces between the ribs where penetrating injuries can reach vital organs.

Although the heart is protected by the rib cage, the ribs are not impenetrable. A determined thrust with a knife can penetrate the chest wall, particularly through the intercostal spaces, potentially causing severe injury to the heart, lungs, or the major blood vessels within the thoracic cavity.

By elevating the arm away from the torso, the defender also loses the opportunity to use the upper arm and forearm as an additional physical barrier. Instead of forcing the attacker to overcome the arm before reaching the chest, the movement creates a clear path toward the left side of the body.



The Triangle Protection Principle

Rather than lifting the arm overhead, a more protective structure can be created using what can be described as a triangle protection.

This position accomplishes several defensive objectives simultaneously while allowing access to the weapon.

The Triangle Consists Of:

1. The Forearm Protects the Left Side of the Chest

The forearm shields the left side of the torso, including the area over the heart and the axillary region.

Instead of opening the body, it creates a physical barrier between the attacker and vital structures.

2. The Shoulder Is Raised

Shrugging the shoulder upward helps protect the side of the neck.

This simple movement reduces the exposed surface available to incoming cuts or thrusts while naturally reinforcing the defensive posture.

3. The Palm Covers the Opposite Side of the Neck

The hand remains near the neck and jawline.

This provides an additional layer of protection against attacks directed toward:

- the carotid region,
- the side of the neck,
- the jaw,
- and the lower face.

Together, the raised shoulder and protective hand create a compact defensive shell around the head and neck.

Multiple Defensive Benefits

Unlike the raised-arm position, the triangle protection simultaneously:

- shields the heart-side of the chest,
- protects the axillary artery,
- guards both sides of the neck,
- maintains a compact profile,
- reduces exposed targets,
- allows faster recovery after the draw,
- and keeps the body structurally stronger during close-range contact.

Instead of sacrificing protection to access the weapon, the shooter integrates both actions into one efficient movement.

Movement Economy Under Stress

High-stress situations reward simple, efficient mechanics.

Large, exaggerated motions require more time and create larger openings. Compact, purposeful movements generally provide better control and reduce opportunities for an opponent to exploit exposed areas.

The triangle protection embodies this principle by combining defense and weapon access into a single coordinated posture.

Training Implications

During force-on-force or close-quarters training, practitioners should evaluate not only whether they successfully draw their weapon, but also what anatomical vulnerabilities they expose while doing so.

Questions to consider include:

- Does my draw expose vital areas?
- Can an attacker reach my neck or armpit?
- Is my support hand actively protecting me?
- Am I creating unnecessary openings?

These considerations can help build habits that emphasize both efficiency and protection.

Final Thoughts

In close-range encounters, every movement communicates an opportunity—or removes one. Raising the support arm overhead during a weapon draw may simplify access to the firearm or knife, but it can also expose the axillary artery, the side of the chest, and portions of the neck to an armed attacker.

A compact triangle protection offers a more integrated approach. By keeping the forearm protecting the heart-side of the body, elevating the shoulder to shield the neck, and positioning the palm to guard the opposite side of the neck, the defender maintains access to the weapon while reducing unnecessary exposure to vulnerable anatomical targets.

No single technique is universally appropriate, and tactics should always be adapted to the circumstances, training, and legal context. However, analyzing movements through both anatomical and tactical lenses can help practitioners refine their defensive skills and make more informed decisions under pressure.



Video Tutorial

MEMENTO MORI AND THE WARRIOR'S PATH

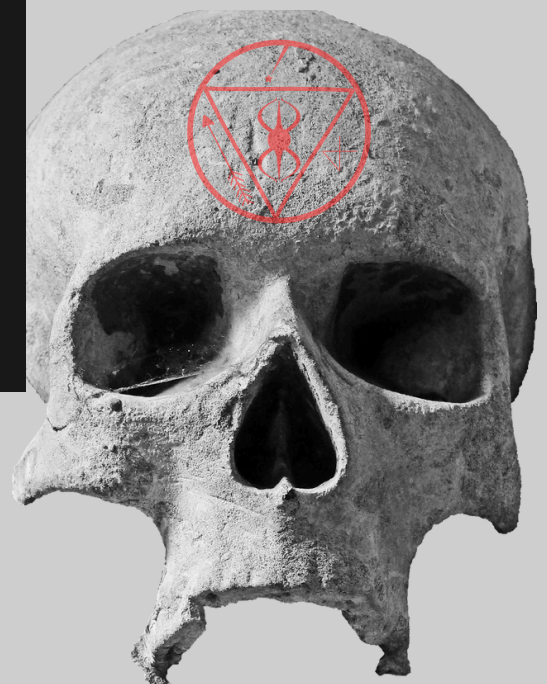
In every age, across every civilization, the warrior has stood in a unique place within society, one foot in the world of the living and the other already touching the threshold of death. For those who walk the path of Tribe 13, this is not merely poetic language but a lived reality. The protector, the guardian must come to terms with a truth that many spend their entire lives avoiding. Death is not distant. It is not theoretical. It is present, constant, and closer than breath itself.

The ancient wisdom of memento mori, remember that you will die, has echoed through the centuries not as a message of despair, but as a call to awaken. It is a discipline of the mind and spirit. It strips away illusions and forces a man to confront what truly matters. For the warrior, this contemplation is not optional. It is foundational. Without an understanding of death, there can be no true understanding of life, and without that understanding, there can be no true clarity in action.

Within the chivalric traditions, particularly among the Knights Templar, the skull emerged as a symbol of profound importance. To the uninitiated, it may appear morbid or dark, but to those who understand, it is a sacred object of meditation. The skull is the final form of the human face, the structure that remains when all identity, status, and flesh are stripped away. It is the great equalizer. Kings, warriors, peasants, and priests all return to this same form. In this, there is both humility and truth.

For the Templar, the skull was not merely a reminder of physical death but a symbol of spiritual awakening. It represented the necessity of dying to the false self, to ego, to pride, and to illusion. Only through this inner death could a man be reborn into a higher state of purpose. The warrior who contemplates the skull is not glorifying death. He is mastering his relationship with it. He is learning to see clearly, to act without hesitation, and to live without being enslaved by fear.

This symbolism finds deep resonance within Christian tradition as well. The image of Mary Magdalene contemplating a skull has appeared in sacred art for centuries. In these depictions, she is often alone, reflective, holding or gazing upon the skull with quiet intensity. This is not an image of sorrow alone, but one of transformation. It represents repentance, awareness, and the acceptance of mortality as a pathway to spiritual clarity. In her contemplation, there is a lesson for every warrior. To face death is to face truth, and to face truth is to begin the journey toward redemption and purpose.





MEMENTO MORI

"From dust you came, and to dust you shall return"
-Genesis 3:19



The battlefield, whether ancient or modern, does not allow for illusions. It reveals the nature of man with brutal honesty. It is here that the teaching of Miyamoto Musashi becomes fully realized "Generally speaking, the Way of the warrior is resolute acceptance of death." It is freedom. A man who has already accepted his death cannot be controlled by fear. He cannot be paralyzed by hesitation. He moves with precision, with clarity, and with purpose because he understands that every moment is borrowed time.

But the contemplation of death must not remain confined to the battlefield. If it does, it becomes incomplete. The true warrior carries this awareness into every aspect of life. He understands that death can come at any moment, not only in combat but in the quiet, ordinary moments of existence. This awareness transforms him. It changes the way he speaks, the way he acts, and the way he loves.

When a man truly accepts that he may not see tomorrow, he begins to live differently. Petty conflicts lose their importance. Words left unspoken become urgent. Forgiveness becomes necessary. The warrior becomes not only a protector of others in battle but a guardian of his own household, his relationships, and his legacy. He ensures that his family is cared for, that his affairs are in order, and that nothing is left unresolved. This is not driven by fear, but by responsibility and honor.

The presence of death sharpens gratitude. The simple act of sitting with loved ones, sharing a meal, or embracing a child takes on deeper meaning. These moments are no longer taken for granted. They are recognized for what they truly are, gifts that are not guaranteed. In this way, the contemplation of death does not diminish life. It intensifies it. It brings clarity and depth to every experience.

From a Christian perspective, this understanding is elevated even further. Death is not the end, but a transition. The warrior who walks in faith understands that his life is part of a greater design. He is not the ultimate authority over his existence. He is a servant, entrusted with strength, skill, and responsibility for a higher purpose. To meditate on death is to remember that one day he will stand before God, accountable for how he lived, how he fought, and how he served others.

The skull, in this context, becomes a sacred reminder not only of mortality but of judgment and eternity. It calls the warrior to live in a state of readiness, not only physically but spiritually. It demands integrity. It demands humility. It demands that every action be aligned with truth and righteousness. The protector is not merely a man of force. He is a man of discipline, guided by faith and anchored in purpose.

The Templar tradition embodied this duality. They were warriors and monks, men of the sword and men of prayer. They understood that physical strength without spiritual grounding leads to corruption, and that spiritual devotion without the willingness to act leads to weakness. Their contemplation of death was not an obsession, but a tool. It kept them focused, grounded, and aligned with their mission.

For the modern brotherhood of Tribe 13, this lesson remains as relevant as ever. The world has changed, but the nature of man has not. The protector still faces danger, uncertainty, and the constant presence of mortality. To ignore this reality is to live blindly. To fear it is to be controlled by it. But to confront it, to meditate upon it, is to gain mastery.

The warrior who understands death walks differently. He carries himself with quiet confidence, not arrogance. He acts decisively, not recklessly. He values life deeply, not superficially. He is prepared for the worst, but he lives fully in the present. He is both a fighter and a guardian, both a man of action and a man of reflection.

In the end, the skull is not a symbol of darkness. It is a symbol of truth. It strips away illusion and reveals what is real. It reminds the warrior that time is limited, that purpose is essential, and that every moment matters. It calls him to live with intention, to love without hesitation, and to stand firm in his duty as a protector.

This is the path of the warrior. This is the discipline of memento mori. And this is the foundation upon which true brotherhood is built.

Meditation on Death: A Tribe 13 Guided Practice

Find a quiet place where you will not be disturbed. Sit upright on a chair or on the ground, keeping your spine straight but relaxed, like a warrior at rest: alert, calm, and fully present. Let your hands rest naturally on your knees or together in front of you, and slowly close your eyes.

Begin by focusing on your breath. Inhale deeply through your nose, slowly and deliberately, feeling the air fill your lungs and expand your chest. Hold the breath for a brief moment, then exhale gently through your mouth, releasing tension with every breath. Continue this rhythm. Allow each inhale to bring clarity and focus, and each exhale to carry away distraction, noise, and the weight of the day. Gradually your breathing becomes quieter, deeper, and more controlled.

Bring your awareness to your body. Relax your face and soften your jaw. Let your shoulders become heavy, your arms loose, and your hands at ease. Feel your chest, your abdomen, your legs, and your feet becoming still. Sense the weight of your body grounded firmly beneath you. You are present in this moment.

Now, in your mind, begin to see yourself standing in a vast open landscape. The ground beneath your feet is worn and weathered, like an ancient battlefield long after the sound of war has faded. The air is still, and a profound silence surrounds you. It is not an empty silence, but one filled with the presence of truth.

Ahead of you stands the emblem of Tribe 13, marked by the Cross and the Sword. It is more than a symbol; it is a reminder of your path, your duty, and your identity as a Protector. You begin walking toward it, and as you approach, you notice a skull resting at its base. It is not terrifying. It is calm, silent, and undeniable. It represents the reality that every human being must face.

Kneel before it.

Feel the weight of your armor, whether physical or unseen. Sense the presence of those who walked this path before you: warriors, protectors, fathers, mothers, brothers, and sisters who have already returned to the dust from which they came. You are not alone.

Look closely at the skull and understand what it represents. Once it belonged to a living person who breathed, loved, struggled, fought, hoped, and feared. Now only the reminder remains. Scripture tells us, "For dust you are and to dust you will return" (Genesis 3:19). Let that truth settle deeply into your heart. Every body weakens. Every life on earth comes to an end. This is not a curse to dwell on, but a reality that can awaken wisdom.

Now imagine that the skull before you is your own.

Not as something distant or abstract, but as something certain. One day your breath will cease, your hands will become still, and your voice will fall silent. Stay with that truth for a moment. Notice any fear, resistance, sadness, or uncertainty that arises within you. Do not push it away. Simply observe it, and let it pass.

Imagine that your final day has arrived. Whether it comes through old age, illness, accident, or violence, your earthly life reaches its conclusion. Your last breath leaves your body. What remains?

Your actions remain. Your choices remain. Your faith remains. The love you gave, the courage you showed, the people you protected, and the legacy you left behind continue to speak after you are gone.

Ask yourself quietly and honestly: Have I lived as a Protector? Have I stood for what is right? Have I loved those entrusted to me? Have I prepared my soul and my life so that, if I were called home today, nothing essential would remain undone?

Do not force an answer. Allow truth to reveal itself.

Now bring to mind the faces of those you love. See your family, your friends, your brothers and sisters, your children or parents if you have them. See them as they are right now, alive and precious. Recognize that your time with them is not guaranteed. Let this awareness fill you not with despair, but with gratitude and responsibility. If this were your last day, what words would you speak? What forgiveness would you offer? What gratitude would you express? What burden would you finally release?

Let this realization strengthen your heart.

Lift your eyes once more to the emblem of Tribe 13. See the Cross and the Sword standing together, symbols of faith and sacrifice, conviction and action. Remember that the Protector walks with both. You rise from your knees, no longer avoiding the reality of death but carrying it with wisdom. Death is no longer an enemy that controls your life through fear; it has become a teacher that reminds you to live with purpose.

Feel the quiet strength within you now. Strength without arrogance. Awareness without fear. Readiness without panic. Presence without distraction.

Take one final deep breath, filling your lungs completely. Hold it for a moment, then exhale slowly. Begin to return your awareness to your body. Feel your hands, your feet, the surface beneath you, and the room around you. Carry this clarity with you as you open your eyes.

Live with intention. Protect with honor. Love without delay. Walk humbly before God, remembering that your days are numbered and therefore precious. As Scripture teaches, "Teach us to number our days, that we may gain a heart of wisdom" (Psalm 90:12).

Return to this meditation regularly. Let it remind you that one day you will return to dust, and because of that, you must choose today to live as a faithful Protector.

The ones that are accepted and invited to become Brothers and Sisters of the Inner Circle of The Tribe 13 are receiving the IC patches.

I want to speak about the meaning of these symbols, not to reveal everything, but to open a door of understanding.

First, I remind you that Tribe 13 stands upon two inseparable pillars: the Sword, which represents combat, preparedness, and the outer warrior, and the Cross, which represents inner transformation, faith, discipline, and the spiritual warrior.

Because of this, our symbols always carry multiple layers. There is an outer, exoteric layer, visible to anyone who looks, and there is an inner, esoteric layer, revealed only to those who have walked far enough on the Protector's path to truly understand.

At the outer level, the patch can be read as follows.

At the center stands a skull. This is not a symbol of death worship, but a reminder of memento mori: remember that you will die. As warrior protectors, we must always live with awareness of our mortality. We do not fear death, but we respect it. We do not chase it, but we are prepared to meet it if duty requires. As Miyamoto Musashi said: "Generally speaking, the Way of the warrior is resolute acceptance of death." The skull reminds us that every decision matters, that time in this body is finite, and that a Protector must live with clarity, urgency, and responsibility.

On the forehead of the skull are the numbers 144:1, which refer to Psalm 144:1: "Praise be to the Lord, my Rock, who trains my hands for war and my fingers for battle." This is the spiritual heart of the warrior protector. We do not train for ego, for domination, or for hatred. We train because our hands are shaped for defense by a higher purpose. Combat becomes prayer in action.

To the left and right of the skull are two swords that are also crosses. They are deliberately dual in form, because they represent the two pillars of Tribe 13: Sword and Cross, combat and inner transformation, power and restraint, action and faith. They are not separate. They are intertwined, balanced, and inseparable. A warrior without spirit becomes a threat. A believer without capability becomes helpless. Only their union creates the true Protector.

You will also see three drops of blood beneath the skull.

These three drops carry a deep esoteric meaning for the warrior protector.

The first drop represents sacrifice. It is the blood we are willing to shed, not for pride, but for others. It symbolizes that protection always has a cost.

The second drop represents the blood of the innocent, the people we stand for: children, the weak, the vulnerable, those who cannot defend themselves. It is a permanent reminder of why we exist.

The third drop represents transformation through suffering. No warrior becomes a Protector without pain, discipline, hardship, and personal trials. This drop signifies that blood, sweat, and struggle refine the soul and shape the guardian.

Together, these three drops remind us that the path of the Protector is not romantic. It is real, heavy, and sacred.

These symbols are not meant to be worn lightly. They are meant to be contemplated, meditated upon, and carried as living reminders of who we are becoming. This is the reason why the IC patch can be used always as a meditation and contemplation tool about death and the other symbology.



IV THERAPY IN REMOTE SETTINGS: A PRACTICAL GUIDE FOR PREPARED PROTECTORS

IV Therapy in Remote Settings: A Practical Guide for Prepared Protectors

In remote environments, medical help may be hours away. Whether you're operating in the mountains, working in disaster relief, or responding to emergencies in austere environments, the ability to establish intravenous (IV) access can become a valuable skill when performed by properly trained personnel.

IV therapy allows fluids and medications to be delivered directly into the bloodstream, making it one of the fastest and most effective methods for treating dehydration, supporting circulation, administering emergency medications, and managing critically ill or injured patients. However, successful IV therapy is much more than inserting a cannula into a vein. It requires proper patient assessment, strict hygiene, correct equipment selection, careful vein identification, and continuous monitoring for complications. Choosing the right catheter size, selecting appropriate IV fluids, and following a systematic insertion procedure are all essential steps that improve patient safety and increase the likelihood of success.

In remote settings, every piece of equipment matters. Before attempting IV access, ensure you have sterile fluids, IV tubing, a suitable cannula, antiseptic solution, gloves, a tourniquet, dressings, and a safe method for disposing of sharps. Preparation before the procedure often determines its success.

Like any invasive procedure, IV therapy carries risks. Infiltration, hematoma, infection, embolism, and accidental arterial cannulation are potential complications that every provider must recognize and manage promptly. Knowing when not to start an IV is just as important as knowing how to perform the procedure.

This article serves as a brief introduction to IV therapy in remote settings. To gain a complete understanding of the procedure, watch the accompanying video tutorial and review the detailed PDF guide, where each step, from preparation and catheter insertion to troubleshooting and complication management is explained in depth.

Remember: IV therapy is an advanced medical skill that should only be performed by individuals who have received appropriate training and operate within the legal scope of practice in their country or organization. Continuous training, practice, and adherence to aseptic technique are essential for patient safety.



STUDY MATERIALS



NEWS

Tribe 13 Welcomes Three New Tactical Combat System (TCS) Level 1 Instructors

Tribe 13 proudly announces the certification of three new Tactical Combat System (TCS) Level 1 Instructors, marking another important milestone in our mission to build capable Protectors and expand our international network of instructors.

Following the successful completion of the required training and instructor assessment, Kristopher Hess, Haikel Jamel Ouled Khlaf, and Dennis D. have earned the title of Tactical Combat System (TCS) Level 1 Instructor and now represent Tribe 13 in Switzerland, Holland, and Germany respectively. Their certification reflects not only technical competence but also a commitment to the values and standards of Tribe 13: discipline, professionalism, integrity, and service.



Kristopher Hess "Tsuki" – Switzerland
Kristopher Hess has been appointed as a TCS Level 1 Instructor representing Tribe 13 in Switzerland. Having trained extensively in multiple martial arts and combat systems, Kristopher has developed a high level of practical knowledge and technical proficiency. As a certified instructor, he is qualified to teach knife and edged weapon tactics, escape and evasion techniques, and trauma medicine in accordance with the official Tribe 13 Tactical Combat System methodology. Kristopher combines technical expertise with humility and discipline, helping to develop Protectors who are both capable and ethically grounded.



Haikel Jamel Ouled Khlaf – Holland
Representing Tribe 13 in Holland, Haikel Jamel Ouled Khlaf joins the instructor cadre as a certified TCS Level 1 Instructor. Haikel brings with him many years of experience in the private security industry, giving him valuable operational insight that complements his extensive background in multiple martial arts and combat systems. He is qualified to teach blade and edged weapon tactics, trauma medicine, and personal security under the Tribe 13 TCS curriculum. His professionalism, practical experience, and commitment to continuous development make him an important asset in strengthening the Protector community throughout the Netherlands.

NEWS



Dennis D. "Ibex" – Germany

Dennis D., known within the Tribe as "Ibex," has been certified as a TCS Level 1 Instructor representing Germany.

Dennis possesses extensive experience across several martial arts and combat systems, with particular expertise in trauma medicine and unarmed combat. Alongside his Tactical Combat System qualifications, his strongest disciplines include boxing, ninjutsu, and urban combatives. Outside the training environment, Dennis also serves as a professional leadership trainer, bringing valuable instructional and mentoring skills to the Tribe.

His ability to combine technical competence, leadership, and teaching experience will contribute significantly to the development of future Protectors in Germany.

Strengthening the International Tribe

The certification of these three instructors represents far more than individual achievement. It is another step in Tribe 13's long-term vision of creating a global network of qualified instructors who share a common methodology, common values, and a common mission.

Every new instructor increases our ability to educate responsible citizens in practical self-protection, edged weapons awareness, trauma medicine, preparedness, and the mindset required to protect life under pressure. As our instructor network grows, so does our ability to establish strong local communities where knowledge is shared, standards are maintained, and future Protectors are developed.

We congratulate Kristopher, Haikel, and Dennis on this well-earned accomplishment. Their dedication, professionalism, and willingness to serve embody the spirit of Tribe 13.

Together, they will help carry forward our mission:

Prepare. Prevent. Protect.

For more information regarding our team visit <https://www.tribe13.net/team>

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STOP THE BLEEDING COURSES

FREE

At Tribe 13, our mission is to create and prepare more Protectors.

We believe that ordinary people can make an extraordinary difference when they have the right knowledge and skills.

That's why we're launching a new initiative: FREE "Stop the Bleeding" courses for civilians who want to become better protectors, be prepared for emergencies, and potentially save a life when every second counts.

These courses are completely free of charge and are delivered by Tribe 13 instructors and representatives in cities across Europe.

Our Blade Trauma Care Seminar in Linz, Austria, held on 25 July, was successfully completed, marking the beginning of this initiative. We would like to thank everyone who participated and helped make the event a success.

Our next seminar is scheduled for:

2 August - Amsterdam, Netherlands

Additional seminars in Germany and the United Kingdom will follow shortly, with more cities across Europe to be announced soon.

Together, we can create more capable citizens and save lives.

During this hands-on seminar you will learn:

- Life-saving bleeding control techniques
- Tourniquet application
- Wound packing and pressure dressings
- Emergency response principles
- Practical exercises and realistic scenarios

Participation is completely FREE!

www.tribe13.net

Tribe 13 - Creating More Protectors.



CAMPAIGN: STRENGTH IN ACTION. DIGNITY FOR ALL.



There are places in the world where survival is only the beginning. Where individuals, especially women, young girls, and persons with disabilities face not only physical challenges, but stigma, isolation, and a lack of opportunity. This is where TOMA Amputee Foundation steps in.

Restoring Lives, Rebuilding Futures
Operating in regions such as Uganda and South Sudan, TOMA Amputee Foundation works directly with:

- Persons with disabilities
- Survivors of war and human trafficking
- Refugees and marginalized communities
- Vulnerable women and youth

Their mission is not just assistance, it is transformation.

Through vocational training, mental health and psychosocial support, safe spaces, and access to assistive technologies, they empower individuals to regain independence and rebuild their lives.

As part of this commitment, Tribe 13 has established a formal alliance with TOMA Amputee Foundation to support and strengthen their mission.

Why This Matters Now

The need is growing:

- Limited access to healthcare and rehabilitation
- Social exclusion and stigma
- Lack of economic opportunities
- Increasing demand for safe spaces and support systems

TOMA Amputee Foundation has already helped thousands, but many more are still waiting.

Turning Awareness into Action

This campaign is about making their work visible and making support possible.

By standing with TOMA Amputee Foundation, you help:

- Fund vocational programs that create independence
- Provide healthcare and psychological support
- Build safe spaces for vulnerable individuals
- Expand a proven model that restores dignity and hope

Be Part of the Mission

You don't need to be on the frontlines to make a difference.

You can act today:

- Donate to support life-changing programs
- Share this campaign to raise awareness
- Engage and become part of a growing movement

A Shared Purpose

This is more than awareness.

It is about standing for something meaningful.

Stand with us. Support the mission. Help change lives.



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OUR PARTNERS



Our partners are exceptional and have consistently demonstrated their commitment to excellence. Their professionalism, expertise, and dedication to providing We highly recommend working with our partners.

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- Broken Skulls - Package
- Escape 13/ Escape & Evasion - Video Course
- Combat Knife Throwing Vol.1 - Video Course
- The Magic Hand - Video Course
- The Trickster - Deceptive Knife Techniques Vol.1 - Video Course
- The Trickster - Deceptive Knife Techniques Vol.2 - Video Course
- The Hermes Feet - Knife Footwork Techniques - Video Course
- Gun & Knife - Video Course
- The Neophyte 1 - Training Program
- Bonus - Blade Anatomy Manual PDF

This materials will teach you tactics that rarely are available to the public. The importance of this knowledge is critical for all the individuals that want to protect themselves and the ones around them.

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WHY TO JOIN THE TRIBE 13?



🔥 Join the Tribe — Level Up Your Skills 🔥

Are you serious about self-reliance, personal defense, and tactical knowledge? Then Tribe13 is where you belong.

🔥 As a member, you'll get instant access to:

✓ 100+ exclusive training videos

✓ Digital library with 6 E-books and 30+ hours of video training

✓ Topics covering:

- Edged weapons
- Firearms tactics
- Trauma medicine
- Escape & evasion
- OSINT
- Survival skills & more

✓ Weekly new content to keep your edge sharp

✓ Private forum access to connect with like-minded warriors

✓ Access to the Tribe13 blog with updates, insights & deep dives

📖 This is more than just content — it's a community of modern warriors dedicated to mastering the craft of survival, intelligence, and readiness.



If you want to support our work and projects you can help us by making a donation

